

### Amendments to the Specification:

*Please amend the paragraph beginning on page 4, at line 1 as shown below:*

With reference to FIG. 1, one embodiment of a vehicle seat 10 is shown. The vehicle seat 10 includes a seat back 12 and a head restraint arrangement 14. The head restraint arrangement 14 ~~this invention~~ comprises at least a portion of a support or post [[4]] 16, a foam cushion [[6]] 18, an insert panel [[8]] 20, and a trim cover [[14]] 22 creating head restraint 2. This insert [[8]] 20 ~~that is the object of this invention will~~ may be sized to fit any variety of head restraints. The insert 20 may include a first portion 24 and a second portion 26 disposed proximate the first portion 24. The first portion 24 may extend generally parallel to a front surface 28 of the head restraint arrangement 14. In addition, the first portion 24 may include a plurality of apertures 30. The second portion 26 may be integrally formed with the first portion 24 and be disposed above at least a portion of the post 16 and below a top surface 32 of the head restraint arrangement 14. In addition, the second portion 26 may extend away from a head 34 of a seat occupant as is generally shown in Figure 4. Generally, head restraints use an M or U shaped post but the insert [[8]] 20 can be designed to fit any shaped post.

*Please amend the paragraph beginning on page 4, at line 6 as shown below:*

The insert [[8]] 20 is molded into the foam cushion [[6]] 18 on the front side of the post [[4]] 16 at some nominal distance below the surface of the head restraint arrangement [[2]] 14. The insert [[8]] 20 needs to be buried within the ~~foam 6~~ so that the head restraint arrangement [[2]] 14 ~~still~~ is comfortable for occupants. This insert [[8]] 20 also needs to cover a majority of the front surface area and top surface area of the head restraint arrangement [[2]] 14. The insert [[8]] 20 could also be formed to fit a variety of head restraint contour designs. Additionally, the insert [[8]] 20 can comprise of plastic, metal, or a composite material. The versatility of the designs for this insert [[8]] 20 allow it to be used in most if not all head restraints.

*Please amend the paragraph beginning on page 4, at line 14 as shown below:*

The insert [[8]] 20 is not meant to be rigidly attached to the post [[4]] 16. The safety feature of this insert [[8]] 20 works best when the insert [[8]] 20 floats inside the foam

cushion [[6]] 18. However, the insert [[8]] 20 must be able to stay in place while the foam [[6]] is molded over the post [[4]] 16 and insert [[8]] 20. In one embodiment of this invention, seen in FIG. 3, the insert [[8]] 20 is fashioned with clips [[10]] 40. These clips [[10]] 40 hold the insert [[8]] 20 in place over the post [[4]] 16. Then the foam cushion [[6]] 18 is poured over the insert [[4]] 20 and post [[6]]. These clips [[10]] 40 are strong enough to hold the insert [[8]] 20 in place but weak enough to break away when impacted by occupant's head. By the clips [[10]] 40 being able to break away, this still maintains the object of the insert [[8]] 20 that it floats in the foam. The trim cover [[14]] 22 envelopes the post [[4]] 16, foam cushion [[6]] 18, and insert [[8]] 20.

*Please amend the paragraph beginning on page 5, at line 1 as shown below:*

Another embodiment of this invention, seen in FIG. 2, is that the insert [[8]] 20 utilizes locating pins [[12]] 42. The locating pins [[12]] 42 may extend through apertures in the trim cover 22 and would mate with holes in the insert [[8]] 20 to locate the position of the insert [[8]] 20 over and spaced apart from the post [[4]] 16. The locating pins [[12]] 42 would then hold the insert [[8]] 20 in place while the foam cushion [[6]] 18 is poured over the post [[4]] 16 and insert [[8]] 20 to encapsulate the insert 20 and at least a portion of the post 16. Once the foam [[6]] is poured, then the locating pins [[12]] 42 would be pulled out. The trim cover 22 then envelopes at least a portion of the post [[4]] 16, foam cushion [[6]] 18, and insert [[8]] 20.

*Please amend the paragraph beginning on page 5, at line 7 as shown below:*

FIG. 4 and FIG. 5 show how the ~~head restraint~~ insert [[8]] 20 aids in controlling the motion of an ~~occupants~~ occupant's head and neck in cases ~~or~~ of a rear impact. This controlled motion helps to reduce injury that is common in rear impacts.

*Please amend the paragraph beginning on page 5, at line 10 as shown below:*

FIG. 6 depicts another embodiment of this invention. In a high-back seat, there is not a separate head restraint (i.e., the head restraint in integral with the seatback). However, this insert can still be used to protect ~~and an occupants~~ an occupant's head and neck. The insert

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[[8]] 20 is ~~simply located in a position~~ near the top of the high back seat so that in cases ~~or~~ of rear impact, the insert [[8]] 20 will provide the same safety features as it would in a separate head restraint.